

APPENDIX A

AIRBORNE REFRESHER TRAINING

Airborne refresher training is required for personnel who have not jumped within a 6-month period. The length of the refresher training depends on the proficiency of the parachutist. The minimum requirements are in Table A-1.

PERIOD	HOURS	LESSON	TRAINING AIDS/EQUIPMENT
1	1	PLFS (FRONT, SIDE AND REAR)	TWO-FOOT PLF PLATFORMS AND SAWDUST PIT
2	1	FITTING AND WEARING THE MC-1 PARACHUTE AND B-5/B-7 LIFE PRESERVERS. PACKING INDIVIDUAL WEAPONS/EQUIPMENT CONTAINERS.	TOE AND TDA EQUIPMENT, T-10C AND MC1-B/C PARACHUTE ASSEMBLIES, B-5/B-7 LIFE PRESERVERS AND INDIVIDUAL WEAPONS/EQUIPMENT CONTAINERS.
3	1	MOCK DOOR TRAINING. SEQUENCE OF JUMP COMMANDS, FIRST TWO JUMP COMMANDS, FIRST TWO POINTS OF PERFORMANCE, AND METHODS OF RECOVERY.	MOCK DOOR STRUCTURES AND 5-FOOT STATIC LINES WITH SNAP HOOKS.
4	1	SUSPENDED HARNESS TRAINING, CONTROL OF CANOPY, TURNS, SLIPS, ENTANGLEMENTS, EMERGENCY LANDINGS, LANDING ATTITUDE, AND ACTIVATION OF THE RESERVE	SUSPENDED HARNESS APPARATUS AND T-10C AND MC1-1B/C PARACHUTE HARNESS WITH RESERVES
5	1	TOWER TRAINING, SEQUENCE OF FIRST THREE POINTS OF PERFORMANCE, RELEASING EQUIPMENT CONTAINERS, AND ACTIVATION OF RESERVE.	34-FOOT TOWER, (IF AVAILABLE) AND TROOP PARACHUTE HARNESS
6	1	PARACHUTE JUMP	AIRCRAFT, PARACHUTES, DZ, UNIT EQUIPMENT, WEAPONS/EQUIPMENT CONTAINER, AND SAND TABLE